














**A**n indispensable guide to self-help and a top-notch guide to wise health care choices, all in one volume!  
This Self-Care Handbook is a must for every bookshelf.

### ***Topics Include:***

#### **THE SELF CARE BASICS:**

-  The Wise Medical Consumer
-  Prevention and Early Detection
-  First Aid and Emergencies

#### **HEALTH PROBLEMS:**

-  Abdominal Problems
-  Back and Neck Pain
-  Bone Muscle and Joint Problems
-  Chest and Respiratory Problems
-  Eye and Ear Problems
-  Headaches
-  Mouth and Dental Problems
-  Skin Problems
-  Infant and Child Health
-  Chronic Health Problems

#### **MEN'S AND WOMEN'S HEALTH**

## ***For Example***

### **Do you know:**

How to choose the right doctor?

When children should be immunized?

How to take your own pulse and blood pressure?

Find out fast what to do ***before you go to the doctor or emergency room!***

# **SELF-CARE HANDBOOK**

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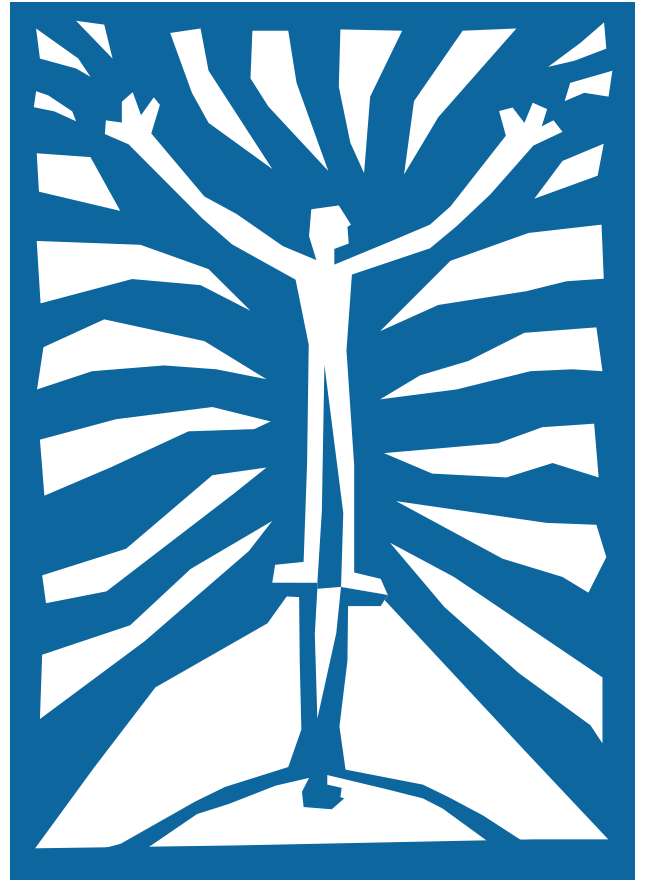
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*The State Health Plan*  
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# HELP YOURSELF!



## WITH A GREAT PUBLICATION FOR EVERYONE CONCERNED ABOUT THEIR HEALTH!